thumbnail.jpg

The file **thumbnail.jpg** you attached is an image of a **Post Graduate Certification** from the **IFBB Official College**.

The certification is for:

HIIT, Circuit, Functional, Cross & Hybrid Training Methods

It confirms that **M. Carolyn & Selena's Yoga Class, Caglar Juan SingLetary** has successfully completed the examinations required to obtain the diploma in these methods.

The document also includes signatures, the IFBB Official College emblem, and a unique ID:

- **NSCA ID: 001993379**
- **Date: 8/7/2023**
- **Country: U.S.A.**

Would you like me to summarize the key details (like recipient, course, issuing body, and date) in a clean table format for easier reference?

⁂

thumbnail.jpg?AWSAccessKeyId=ASIA2F3EMEYE34Z7CA4F&Signature=588sxOJdjYsA58%2FzXf0PlBZijuI%3D&x-amz-security-token=IQoJb3JpZ2luX2VjEEoaCXVzLWVhc3QtMSJHMEUCIEzYjwZIv0akMEFsT4aSRsHcw

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The file you are asking about, **thumbnail.jpg**, is the **first certificate image** you attached earlier.

It is a **Post Graduate Certification** issued by the **IFBB Official College** for:

Course/Method:
HIIT, Circuit, Functional, Cross & Hybrid Training Methods

Recipient:
M. Carolyn & Selena's Yoga Class, Caglar Juan SingLetary

Details:

- Certification acknowledges successful completion of exams in those training methods
- Issued by: IFBB Official College
- Includes signatures from faculty (Dr. Rafael Santonja, Dr. Sadegheh Hashemi)
- Has IFBB Official seal
- **NSCA ID:** 001993379
- **Date:** 8/7/2023
- **Country:** U.S.A.

So whenever you see **thumbnail.jpg**, it refers to this specific **HIIT, Circuit, Functional, Cross & Hybrid Training Methods certificate**.

 Would you like me to compile both certificates (thumbnail.jpg and 47c3Kh2v6jui.jpg) into a structured table comparison for quicker reference?

⁂

1. thumbnail.jpg
2. 47c3Kh2v6jui.jpg
3. thumbnail.jpg
4. 47c3Kh2v6jui.jpg